

**CLAIMS**

We claim:

1. A method for sending and receiving multimedia transmissions between two or more clients, the method comprising the steps of:
  - measuring a maximum bandwidth value on a connection between a client and a server;
  - transmitting multimedia data at or below the maximum bandwidth value from the server to the first client;
  - tracking a latency value for the transmitting of the multimedia data from the server to the first client; and
  - adjusting the maximum bandwidth value based on the latency value.
2. A system for sending and receiving multimedia transmissions between two or more clients wherein each client generates and receives audio and video data, the system comprising:
  - a server for receiving the audio and video data from a connection to first client and
  - transmitting the audio and video data over a connection to second client, wherein the server dynamically determines a bandwidth at which the second client can receive the audio and video data and transmits the audio and video data to the second client at or below the determined bandwidth.